

INCREDIBLE EDIBLE IDAHO

IDAHO PEAR FACTS:

The Northwest accounts for 98% of U.S. pear production

Pears grow well in Idaho's volcanic soil

Pears grew wild in prehistoric times- dinosaurs may have eaten them!

Pears do NOT ripen on the tree! You must pick them and let them ripen from the inside out.

NUTRITION FACTS:

Pears are an excellent source of fiber. One pear will give you 24% of your recommended daily allowance of fiber

Pears are high in vitamin C and Potassium

Pears are a great energy source due to their high amount of fructose and glucose.

The vitamin C is in the skin of the pear, so be sure to eat the skin!

Canyon, Payette,
and Gem counties

